

BEHAVIORAL HEALTH

Quarterly news
and updates from
the Idaho
Department of
Health and Welfare



**October 2018,
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Idaho awarded \$4.1 million to combat opioid epidemic

*By Rachel Gillett
Program Specialist*

The Division of Behavioral Health has been awarded \$4.1 million in funding by the Substance Abuse and Mental Health Services Administration (SAMHSA) from the State Opioid Response (SOR) grant to address

the opioid epidemic. This funding will be used to enhance the existing Idaho's Response to the Opioid Crisis (IROC) program.

In addition to expanding access to treatment services, including Medication-Assisted Treatment (MAT), this new influx of funding will expand Idaho's recovery-oriented system of care and, specifically, the provision of recovery coaching services in Emergency Departments and jail/prison reentry efforts.

Prevention efforts will include ➡

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increasing the availability of naloxone and disseminating materials to educate the public on the dangers of opiates and how to manage an Opioid Use Disorder (OUD). These funds will also be made available to qualifying individuals in a pre-sentencing diversion pilot program. This pilot will provide the opportunity for individuals to become enrolled in an OUD treatment program

in lieu of the normal criminal justice system cycle. Additionally, the Division will be collabor-

ating with and providing funding to Idaho's five federally recognized tribes to address the individual needs of their communities.



For more information on IROC, please visit the website at www.iroc.dhw.idaho.gov or contact [Rachel Gillett](#) at (208) 332-7243.

New Youth Empowerment Services (YES) benefits effective Oct. 1

By Optum Idaho

Optum Idaho implemented two new benefits under the Youth Empowerment Services (YES) System of Care on October 1, 2018.

The first benefit reimburses Optum network providers for Telephonic Crisis Response to members. This is separate from the Optum Idaho Member Crisis line which is manned 24/7 by Optum staff to help connect members with resources and providers.

The second benefit is Family Psychoeducation. Rather than a short-term intervention, Family Psychoeducation is a series of meetings that present a pre-established cur-

riculum. Family Psychoeducation gives participants and their families information about mental illnesses, helps them build social supports, and enhances problem-solving, communication, and coping skills.

Optum providers learned about these new services in a series of live webinars and in-person trainings that were held across the state in September and October.

The trainings also focused on incorporating the YES Principles of Care and Practice Model into the providers' practices. Recordings of these trainings are available online to providers.

Optum continues to expand material

on the Relias e-learning platform and has included on-demand education about Family Psychoeducation along with other popular subjects. Optum Idaho continues to work with the Division of Medicaid and Behavioral Health to develop the next services that will be available as part of the YES System of Care. These new benefits will be implemented in the first half of 2019.

NOTE: Optum Idaho is Idaho's Medicaid managed care contractor for Behavioral Health services.

YES training and communications news

By Training Specialist Valorie Liermann and Public Involvement Coordinator Brenda Bielke

YES Family Engagement Training

The "Getting Started with YES" family training series continues with the

next webinar scheduled for October 30. Titled **"Insurance: Which One? What Services?"** the webinar offers attendees an opportunity to learn about payment options for YES services.

Attendees will learn about the difference between services through Medicaid, the Division of Behavioral Health and private insurance as well as what to do if denied YES eligibility. ➡

The November 15th training session will offer information on **“YES: Who Does What?”**. Attendees will learn how to navigate the YES system, learn what each agency does and how the agencies overlap and interact with families. This training answers questions like, what do I do and who do I call if my family gets lost in the system?

Finally, **“Communication as Equals in the New System”** will be delivered on December 13, 2018.

Attendees will learn what to expect from a system of care that values family voice and choice through all decisions points within the system. Family training registration links will be available in a variety of locations,

including:

- Idaho Federation of Families for Children’s Mental Health (IFFCMH) [registration page](#)
- IFFCMH [Facebook](#) page
- [YES website](#)
- [IDHW Facebook](#) page

“Getting Started with YES” family engagement training is brought to you by the IFFCMH and the Parent Network. Past training offerings from June 2018 to now can be found on both the YES and the IFFCMH websites.



Get YES News in your Inbox

Youth Empowerment Services has launched a monthly newsletter to keep those interested in children’s mental health in Idaho up to date on the rollout of the new system of care. Each month, subscribers receive an email in their inbox with a feature article and updates or news related to YES. You can sign up today by visiting the [Newsletter Opt-In page](#) on the YES website.



Parent Network helps families navigate Idaho’s mental health system

By Jen Griffis and Laura Wallis

The Idaho Parent Network for Children’s Mental Health is a group of parents who have children with mental health challenges who volunteer our time to help families navigate the Idaho mental health

system. We understand the difficulties involved in raising a child with mental health needs and help families understand how the new Youth Empowerment Services (YES) system of care can help.

The Parent Network recently

launched our new website, www.idahoparentnetwork.org, with resources for parents in Idaho who are raising children with mental health concerns. Current information on the website includes contact information for mental health ➡

and related services in Idaho, information about participating in a Child and Adolescent Needs and Strengths (CANS) assessment, information about the Early and Periodic Screening, Diagnosis and Treatment (EPSDT) process, and a blog with emotional and practical support. Parent Network representatives also gathered in Boise in mid-October and met with state and local leaders to discuss issues that impact families in Idaho. Those conversations identified needed resources for families in

the areas of mental health care, law enforcement and education. We continue to work with these leaders to create additional resources for parents.

If you are the parent of a child with mental health challenges and would like to connect with the Parent Network or submit additional ideas for resources to help families, please use the contact form on the web-

site. We look forward to connecting with you, because “Together Our Voices Are Strong!”



Closing out the Statewide Healthcare Innovation Plan (SHIP)

By Casey Moyer

Program Administrator

January 2019 will be marked with the new year and the final month of the Statewide Healthcare Innovation Plan (SHIP). As a cooperative agreement with the Centers for Medicare and Medicaid Innovation, all activities and expenditures must be completed by the last day of the month, there will still be 90 days to reconcile billing and complete final reporting – but we will have effectively set sail.

Some highlights of the SHIP to keep in mind:

- SHIP facilitated the transformation of 162 primary care practices across the state to patient-centered medical homes.
- SHIP engaged payers to evolve their payment models from paying for volume of services to

paying for improved health outcomes.

Through their work, the state bent the cost curve by \$90 million

(i.e., avoided additional spending).

This isn't the end of healthcare transformation in Idaho, by any means. The planning for the next chapter is readily underway by a workgroup of the Idaho Healthcare Coalition (IHC) and a new charter has already been approved by the IHC. The incoming governor will have the opportunity to review this stakeholder drafted governance and implementation structure and take on the role of appointing members. Additionally, the Department has



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requested budget to continue support of the Office of Healthcare Policy Initiatives (OHPI) which will support the Healthcare Transformation Council of Idaho (HTCI), the successor body to the IHC. As health needs and initiatives materialize, HTCI is ready to take on these healthcare transformation related topics with the support of OHPI and ad-hoc workgroups. A proposed membership list and business case will be made available shortly too.

Implementing a statewide plan for suicide prevention

By Jessica Harris

Suicide Prevention Program

During the 2018 legislative session, the Department of Health and Welfare's Suicide Prevention Program was tasked with establishing and submitting a plan for collaborative, comprehensive, and statewide suicide prevention. This was done by bringing stakeholders together to shape a plan with measurable and prioritized outcomes for reducing suicides in Idaho. Stakeholders involved were from state and other local government agencies, non-profit community organizations, and private organizations. A very brief summary of the areas of focus identified by stakeholders and included in the plan are:

- **Capacity-building and infrastructure**

- ◇ Create a more unified state and local infrastructure to address suicide prevention, intervention and postvention across the state
- ◇ Develop consistency in practices
- ◇ Increase access to services and suicide prevention best practices

- **Training and technical assistance**

- ◇ Create a training-for-trainers network to increase regional and local-level training opportunities

- ◇ Provide suicide prevention guidance in communities

- **Communications and outreach**

- ◇ Develop and deploy a coordinated branding, communication and marketing strategy statewide
- ◇ Engage the community in suicide prevention on a larger scale to drive messaging and resources deeper into all regions of Idaho

- **Suicide care/Zero Suicide**

- ◇ Improve and expand clinical care in Idaho
- ◇ Integrate the Zero Suicide model into Idaho, starting with pilot projects

- **Data evaluation and systems integration**

- ◇ Create a more robust data, surveillance and evaluation system across the state through private and public partnerships
- ◇ Support continuous quality improvement processes

- **Advocacy and policy**

- ◇ Build suicide prevention into larger systems



Care coordination helps ensure effective services

By BPA Health

Care coordination is a key element in BPA Health's focus to improve lives by offering client-centered, individual service planning and assistance in securing access to services to help individuals in their recovery and transition to healthy community living. To achieve these elements, BPA Health incorporates these five tenets:

1. **Respect:** Clients have the right to services that respect their unique preferences, needs, values, goals, privacy and self-determination.
2. **Choice and empowerment:** Clients have the right and responsibility to participate as a partner in making behavioral healthcare decisions that affect their lives.
3. **Access and Support:** Clients have

access to services that are delivered safely, in the least restrictive level of care, delivered with quality, and in the most normative environment that is appropriate for the individual.

4. **Collaboration and Communication:** Treatment and service providers and other parties involved in the client's recovery will participate with the care coordinator and the client to implement the Individual Service Plan and promote the use of evidence based best practices.
 5. **Cultural Competency:** Services will be delivered in a culturally competent manner.
- Since 2015, our care coordination program has facilitated the delivery of effective behavioral health services by:

- Reducing care fragmentation and using individual, program, and system approaches to building recovery and resiliency;
- Developing services, information, and partnerships to increase permanent resources;
- Promoting client accountability, consistency in services, appropriate treatment setting, and positive treatment outcomes; and
- Reducing barriers for individuals with substance use and co-occurring disorders.

NOTE: BPA Health is the management services contractor for Idaho's Substance Use Disorder (SUD) treatment and RSS network.

Proposed change to Children's Mental Health Act

By Treena Clark
Program Manager

The Division of Behavioral Health is proposing a change to the definition of Serious Emotional Disturbance in the Children's Mental Health Act to align with definitions used in the Youth Empowerment Services (YES) program and found in the IDAPA administrative rules for Children's Mental Health Services. The amended definition would include reference to the Diagnostic and Statistical Manual and the IDHW standardized functional assessment tool. Questions or comments about the proposed change may be directed to [Treena Clark](#).

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